



Working Together for a Healthy Kentucky

Child and Adult Food Care Program

CACFP Nutrition News
November-December 2014

Welcome!

We want to welcome all of our sponsors (old and new) and friends to the first edition of our online CACFP newsletter. It is so exciting to accompany you on this journey as we work together to provide healthy food for Kentucky's most vulnerable children and adults. We hope you find ideas here that can help and encourage you in the important work you do everyday!

Jen Alvis
 Branch Manager



- ◆ **October 1, 2014 was the start of our new fiscal year!**
- ◆ **Remember to finish your Actual Cost Quarterly Report (ACQR) for the last fiscal year.**
- ◆ **Have you set up your green folders for this new year?**

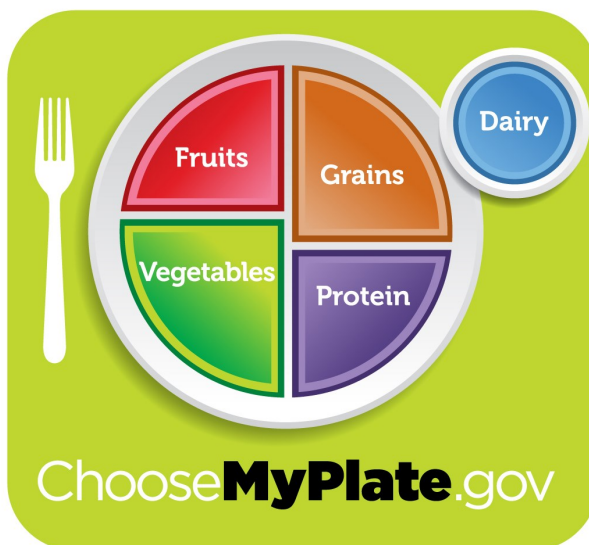
- ◆ **Be sure to fill out the Infant Addendum for enrollment of infants in your centers.**
- ◆ **All necessary components of infant menus need to be circled.**
- ◆ **"Record Refresher" videos will be online on the CACFP website for new staff.**
- ◆ **Each CNIPS # may have two user IDs.**
- ◆ **Complete your security agreement and fax to 502-564-5519, att: Kelia Benningfield**



Fun Food and Health Days for November and December 2014

November is National American Diabetes Month
 December (1st week) is Hand Washing Awareness Week

November 7	National Eating Healthy Day
November 12	National Chicken Soup Day
November 14	National Pickle Day
November 17	Homemade Bread Day
November 21	Gingerbread Day
November 23	Eat a Cranberry Day
December 1	National Eat a Red Apple Day
December 4	National Cookie Day
December 12	National String Popcorn Day
December 19	National Oatmeal Muffin Day
December 25	National Pumpkin Pie Day



Vegetable of the Month:



Sweet Potatoes!

Sweet potatoes are a great source of vitamin C, vitamin A, calcium, potassium, and fiber. You can find them locally in Kentucky during the months of October to mid-March. Many times people interchange sweet potatoes and yams but remember they are two different vegetables. Sweet potatoes come in a variety of colors such as; white, yellow, red, purple, and orange and are grown underground. There are numerous ways to prepare sweet potatoes:

- ♦ **Baking**—pierce sweet potatoes skin several times with a fork and bake at 400 degrees for 40-50 minutes or until fork tender.
- ♦ **Sauté**—slice or dice sweet potatoes in oil for about 10 minutes.
- ♦ **Boil**—by adding 1-inch thick slices to a skillet with 2 inches of boiling water; cook for about 12 minutes.
- ♦ **Steam**—1-inch slices over simmering water.
- ♦ **Microwave**—whole sweet potatoes for 5 to 8 minutes rotating halfway through.
- ♦ **Micro-bake**—whole sweet potatoes: microwave 4 minutes, then bake at 450 degrees for 5 to 10 minutes.
- ♦ **Grill or broil**—1-inch thick slices for 10 minutes or cut sweet potato in half lengthwise and grill 20 to 25 minutes.



Recipe of the Month:

Baked Apples and Sweet Potatoes

Makes 6 servings

Ingredients:

- 5 sweet potatoes (cooked)
- 4 apples
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1/4 cup margarine
- 1 teaspoon nutmeg
- 1/4 cup hot water
- 2 tablespoons honey

Directions:

1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores, and slice the apples.
4. Preheat the oven to 400 degrees.
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apple slices.
8. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake for about 30 minutes until apples are tender

Source: What's Cooking USDA Mixing Bowl

Menu Ideas

Monday	Tuesday	Wednesday	Thursday	Friday
Oven-Fried Chicken	Spaghetti with Homemade	Frozen Grilled Chicken	Homemade Pizza w/	Homemade Beef Stew
Baked Sweet Potatoes	Meat Sauce	Strips	Hamburger & Pepperoni	Frozen Sweet Potato Fries
Fresh Steamed Broccoli	Garlic Bread	Fresh Steamed Carrots	Frozen Corn	Fresh Cooked Apples
Roll	Frozen Peas	Frozen Mixed Fruit	Fresh Mandarin Oranges	Cornbread
Milk	Fresh Pears	Roll	Milk	Milk
	Milk	Milk		

WELLNESS CORNER - Games for Preschoolers

Tips for making some traditional games non-competitive:

Musical Chairs

- ◆ Have one chair for each child and have them move in different ways (skip, fly, gallop) around the circle. When the music stops, they each sit down.
- ◆ Have one less chair than you have children. The child who does not get a seat when the music stops gets to be the one who stops the music next, then returns to the game, replaced by the next child who did not get a seat.

Simon Says

If a child does an action when you do not say "Simon Says," simply point out that Simon did not tell them to do the action, and continue the game without anyone being out. Focus on the children listening carefully, not on winning the game.



Duck, Duck, Goose

Instead of having children sit in the center of the circle if they are caught, have them join the "ducker." When there are more "duckers" than children in the circle, start the game over. Focus on the surprise of being tagged "goose," on running around the circle and quickly getting back to a space to sit down, rather than on winning.

Sleeping Animals

Call out the name of an animal, such as horse, and have the children move like that animal. When you call out "Nighttime" the children pretend to "go to sleep." When you call out the next animal name, the children get up and move again.

Great Websites With More Ideas!

www.actionforhealthykids.org

<http://kidshealth.org>

www.letsmove.gov

www.healthykidshealthyfuture.org

Brain Teaser for Adults: A Challenge for You!

Learning can be incidental. We all memorize facts without paying much attention to these facts or without willing to memorize them. However, when one really wants to memorize a fact, it is crucial to pay attention. Many studies have shown that compared to full attention conditions, dividing attention during study time leads to poor memory performance.

This exercise will help you practice focusing your attention. It may seem easy but make sure you count twice!

Count the number of "Y" in this text:

Yesterday, Lucy went all the way to Boston. She wanted to buy new shoes. She had to go in many shops before she found the shoes she wanted. She was happy to stop at a restaurant to have some tea and cookies before she took the train back home.

Count the number of "F" in this text:

Finished files are the result of years of scientific study combined with the experience of years.

Count the number of "E" in this text:

Last summer, Jean and Harriet spent their vacation in Michigan. They rented a cabin on the lake. The cabin had two bedrooms and a nice deck. They used to spend a lot of time on the deck, just looking at how the light would change on the water. Several times, they borrowed bikes from their neighbors and spent a few hours exploring the villages not far from their cabin.

From: "Brain test to stimulate your concentration skills,"

Dr. Pascale Michelon

(Answers to this "brain teaser" are on page 4.)

Contact Information

Child And Adult Care Food Program

School and Community Nutrition

Community Nutrition Branch

500 Mero St., 23rd Floor

Frankfort, KY 40601

Phone number: 502/564-5625

Fax number: 502/564-5519

Claim Fax number: 502/564-8919

New Website Address:

<http://education.ky.gov/federal/SCN/Pages/Child-and-Adult-Care-Food-Program.aspx>

Staff/Extensions

Jennifer Alvis, Branch Manager	Ext. 4907
Sylvia Antone	Ext. 4943
Review Section Supervisor	
Mernia Hill	Ext. 4905
Programmatic Section Supervisor	
Kelia Benningfield	Ext. 4906
Debra Galloway	Ext. 4947
Elaine Jett	Ext. 4910
Annalisa Ochs	Ext. 4901
Rene' Poitra	Ext. 4904
Suzanne Ray	Ext. 4914
Christina Schenk	Ext. 4902
Tim Simpson	Ext. 4900
Bart Spears	Ext. 4941
Sara Talbott	Ext. 4948

Questions Regarding Claims and Online System

Mike Sullivan	Ext. 4930
Kara Carter	Ext. 4920

COT Help Desk: 502/564-7576

(SCN staff are unable to reset passwords)

SCN Main Office (CACFP) 502/564-5625

Applications, Approval, Policies or Regulations

USDA Statement of Non-Discrimination

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). The USDA is an equal opportunity provider and employer.

Dates We Are Closed in November/December

Veteran's Day	November 11
Thanksgiving	November 27-28
Christmas	December 25-26

WANTED!!!

Please send us your great ideas for healthy meals and celebrations and fun physical activities you have used successfully in your programs! We plan to share your success stories with all the sponsors throughout the state: from healthy cookies that the kids loved to active games that everyone enjoyed. Please send them to:
debra.galloway@education.ky.gov

*****Brain Teaser Answers: There are 7 "Y" in the first text, 6 "F" in the second text and 38 "E" in the third text.**



Handout for Parents!!

COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, LEXINGTON, KY, 40546

FCS3-552

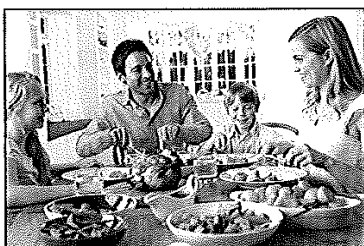


Family Mealtime

A Wealth of Benefits

Ingrid Adams, Nutrition and Food Science

Many families do not take advantage of mealtimes because they are busy working, running the kids around, participating in community activities, or dealing with conflicting schedules. As a result, family mealtime is often put on hold.



Making family mealtime a reality begins with understanding the benefits of participating in the activity.

Family mealtime provides opportunities to talk, laugh, and have fun together, and it fosters family closeness. Research shows that having regular mealtimes improves the health of children, helps with their social and emotional development, and helps them do better in school. The investment in family mealtime is well worth the time and effort.

Family mealtime is not extinct!

Family mealtime is not a thing of the past. In 2000 The Kitchen Report surveyed 930 meal planners throughout the nation and found that:

- The average American family eats dinner together five times a week.
- Thirty-eight percent of meal planners mentioned that they love to cook, 46 percent did not mind cooking, and only 16 percent found cooking to be a chore.
- Two in three families eat dinner at the kitchen or dining room table. The average time spent at the dinner table is 30 minutes.

More recent information suggests that families continue to eat meals together. The National Survey of Children's Health 2007 data showed that 26 percent of children 6 to 11 years of age ate meals with their family four to five days a week, and 53.5 percent ate family meals six to seven days of the week.

Rewards on your investment in family mealtime

In the midst of busy schedules and hectic lifestyles it is easy for family mealtime to be replaced by other activities. Making family mealtime a reality begins with understanding the benefits of participating in the activity. Benefits of family mealtime include:

- Better nutrition. Children who eat regular family meals eat more fruits and vegetables and fewer fried foods, and they drink fewer sodas. As a result, these children have a higher intake of dietary fiber, calcium, iron and vitamins A, B, and C. Research shows that eating fruits and vegetables and dietary fiber may reduce a person's risk for heart disease.



Agriculture and Natural Resources • Family and Consumer Sciences • 4-H Youth Development • Community and Economic Development

- **Healthier eating habits.** Children who take part in family mealtime are more likely to develop healthy eating habits, and these habits tend to continue into adulthood.
- **Weight management.** Children who take part in regular family mealtimes are less likely to be overweight. When children eat meals with their family they are more likely to get the nutrition they need and fewer “empty” calorie foods. Research shows that children who are overweight are at greater risk for health problems later in life.
- **Better academic performance.** Regular family mealtime helps children do better at school. Young people who regularly eat dinner with their families do better on tests, spend more time on homework, and read more for pleasure. Regular family mealtime may contribute to your child’s intellectual development.
- **Social adjustment.** Family mealtime helps children, especially teenagers, to be well-adjusted. Teens that have more family meals are less likely to smoke or use alcohol and drugs. In addition, these teens have better relationships with others, are less depressed, and less likely to think of suicide.
- **Family closeness.** Having meals together as a family creates a sense of unity. This is feeling of togetherness is needed for children to feel safe and secure.

When families eat together, parents provide structure and a solid foundation for their children, as well as good habits and memories that their children will most likely pass down to their families. Do not let the busyness of life rob your family of the wealth of benefits that can be gained from family mealtime. Take steps today to make family meals a priority.

Resources

Centers for Disease Control and Prevention. Eat a variety of fruits and vegetables every day. <http://www.fruitsandvegetablesmatter.gov/>.

School Wellness. <http://www.school-wellness.org/AtHome.aspx>.

U.S. Department of Agriculture. Dietary Guidelines for Americans 2010. <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>.

U.S. Department of Agriculture. ChooseMyPlate. <http://www.choosemyplate.gov/>.

Wellness in the Rockies. Family mealtime. Accessed February 17, 2011 from http://www.uwyo.edu/WINTHEROCKIES_EDUR/FamilyMealtimes.asp.

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